



2008 15K and 5K Training



Training Program Goals:

- To introduce new people to the sport of running.
- To keep people motivated and focused on their goal of completing **15K or 5K Boilermaker**.
- To promote the sport of running to the local community

Adult Fees:

15K.....\$25.00
5K.....\$15.00

Fees include

Training Program Shirt given before the Race
A chance at our weekly door Prize

Student Fees:

15K.....\$10.00
5K.....\$ 5.00

Classes begin promptly at 7:45 am.

Please come dressed or arrive early if you need to change so that we can start on time.

BEGINS
Saturday Feb 2nd, 2008

Weekly Speakers

- 1 Orientation / Warm up/
Safety/Stretching
- 2 Shoes & Clothing
- 3 Injury Prevention
- 4 Exercise/Toning /Cross Training

Make Checks Payable to : **Utica Roadrunners** Mail to Linda Turner: 152 Paris Rd. New Hartford, NY 13413
Check# _____ Amount: _____ Cash _____

Waiver

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a program official relative to my ability to safely complete this program. I assume all risks associated with participating in this program including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver, and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the Boilermaker Training Program, the Utica Roadrunners, Ilion Central School, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program. I understand that this waiver covers all clinics associated with the Boilermaker Training Program.

Signature Date Parents Signature if under 18 Date

Registration Form:

Last, First Middle Address

Day Phone Evening Phone City State Zip

DOB Age Sex Shirt Size E-mail